

SESSION PROGRESSIONS

COACH - CONSIDERATIONS

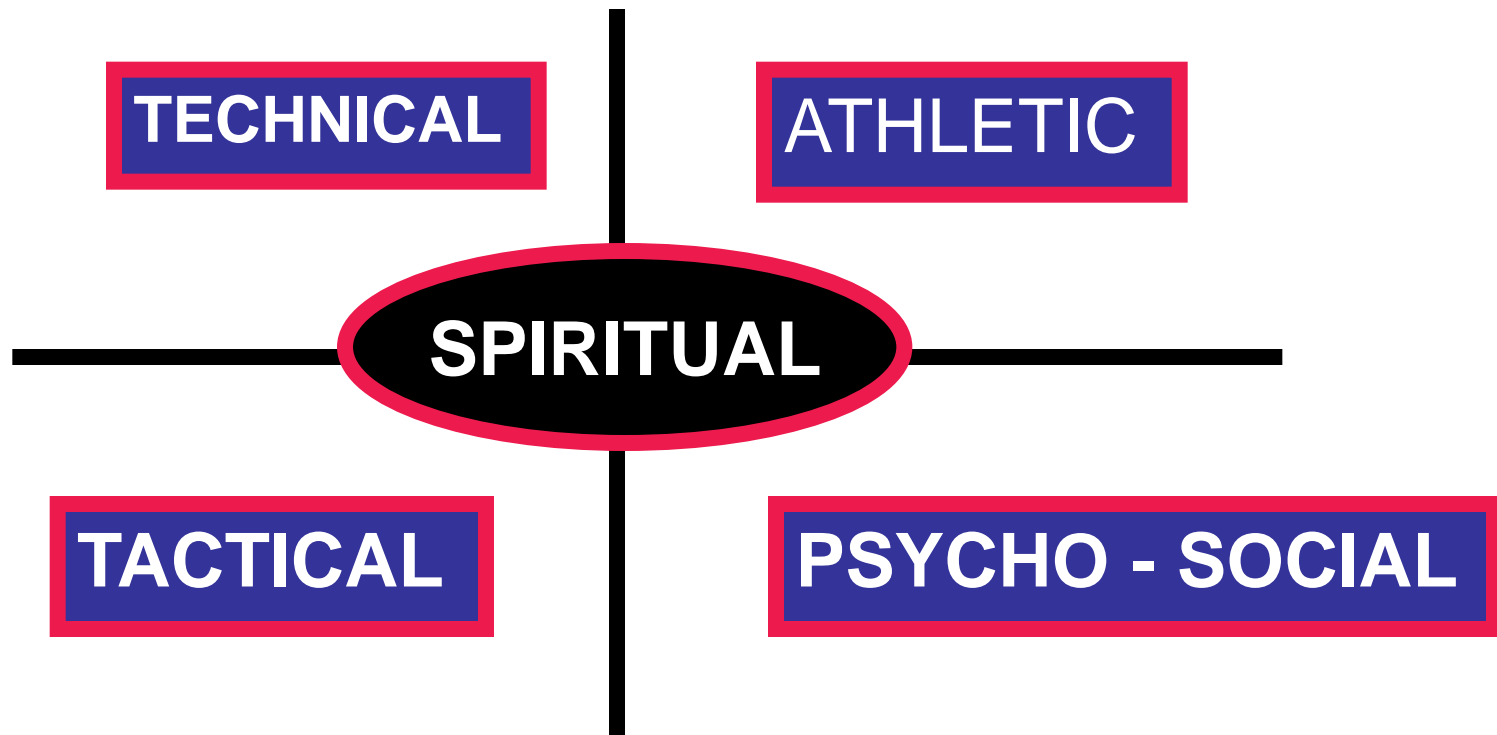
- **AIM of the session – Learning outcome.**
- **Stages and steps to the outcome – progressions if possible.**
- **Working from their capabilities !**
- **Starting Point :**
 - **Levels of ability.**
 - **Known or novel content.**
 - **Coach's understanding of the subject.**
- **Type of session:**
 - **Technical / skill.**
 - **Technical / Tactical .**
 - **Tactical.**
- **How you will teach / coach.(Styles – when to use ?)**
- **How and “if” to progress – overload ?**

A A A U O

The capability to take it deeper.

The simplicity of your communication reveals the understanding you have !

4 Corner Model of Development !



INCREASING THE CHALLENGE.

OPTIONS / STRATEGIES ?

The Challenge !

- **Block repetition for certainty.**
- **Random repetition for varied certainty.**
- **Range of release – type & distance.**
- **Understanding.**
- **Psychological pressure.**
- **Variety of execution – service, distance etc.**
- **Time restriction – period / target.**
- **Reduced errors – more accuracy.**
- **Added opposition – passive / restrained opposition.**
- **Reduced space available.**
- **Physical & realistic presence of opponent.**
- **Interference – obstacles, opponent, other activity.**
- **Create alternatives for decision-making.**

FROM

TECHNIQUE

SKILL

GAME TYPE PRACTICE

GAME

(HOW **DO** PLAYERS MAKE DECISIONS ?)

HOW DO PLAYERS MAKE DECISIONS ?

DECISION-MAKING !

“ Rooney cannot consciously be making the necessary calculations – or at least not in the way physicists would recognise by working out trajectory, velocity, direction and taking into account wind speed, release time, where opponents are positioned and where they are likely to move to.

The task seems impossibly difficult, yet it palpably is possible, forcing us to recognise that there is a level of sophistication here, far beyond the conscious intention of the person – these actions are beyond the conscious calculation of the actor. something beyond the conscious self acts.”

Dr J Adams

“ Brains don't work fast enough for much of sport to be a conscious activity.”

Which to ?
-choice from a number of alternatives

Contingent.
- until a condition is met.

“ Whether to ? “
-yes / no - either / or.

TYPES of DECISIONS

OPTIMISING

- choosing the very best possible solution from many options.
- opting for the greatest probability for the greatest good.

SATISFICING

- first satisfactory alternative chosen – not the best !

MAXIMAX

choosing alternatives based on maximum pay-off.

MAXIMIN

worst outcome considered – 1 - 0 up last two minutes !

DECISION MAKING

CONTEXT

AWARENESS

Pressure – degree and angle.
Awareness of own situation.
Space,time,

1. Circumstance.

Observed and available under the
circumstances

2. Options

3. Possibilities

Based on understanding of game,
reading of the game, situation, self.

4. Priorities.

5. Necessities

State of game ,Risk – Safety,
Team tactics, style of play etc

6. Capabilities

7. Possible opponent actions.

“ Know thyself and others“ !

8. Best tactical fit ?


9. CRITERIA for the most effective decision and
action.

Observation of what ?
Understanding of what ?
Previous experience ?

Decisions from – the event, style of play, possibilities, capabilities, session theme.

READING THE GAME !

- **Knowing where to look and what at .**
- **Understand the game principles, circumstances.**
- **Recognise events happening and calculating their importance and possible effect on / for us .**
- **Being able to prioritise events – safety, risk, danger, importance.**
- **Predicting what is likely to happen – how,why ?**
- **Understanding what is possible for me / us.**
- **Understanding team tactical preferences – us / them !.**
- **Understanding what opponents could do .**
- **Knowing where other support players are and what they are doing.**
- **Making appropriate decisions.**
- **Being able to “hide” intention if appropriate.**



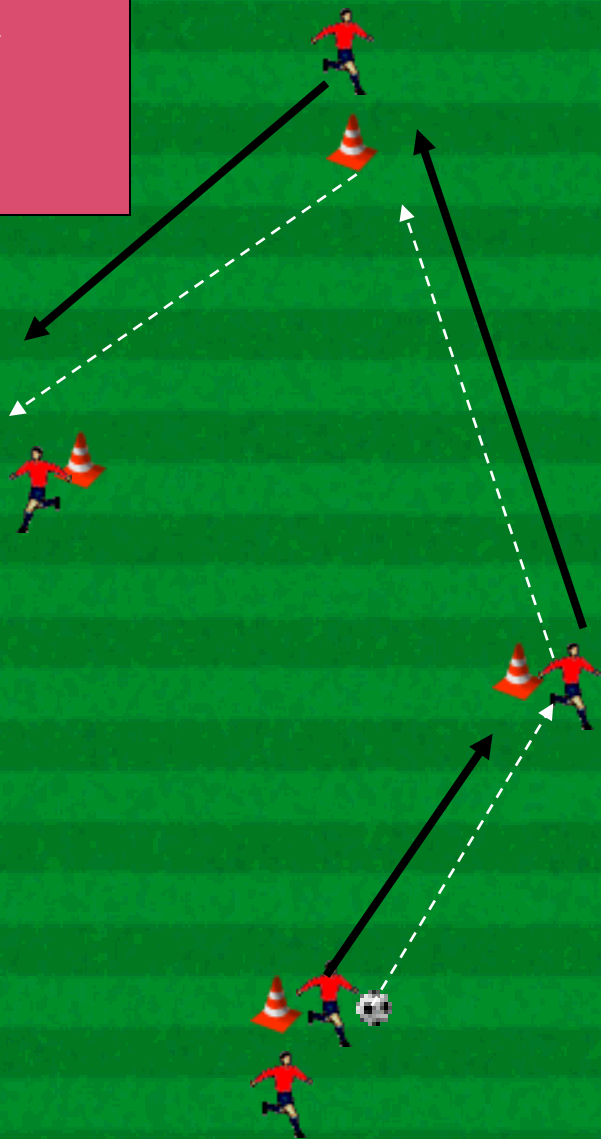
**“ It doesn’t matter
how far ahead you
see,if you don’t
understand what
you’re looking at.”
GARY KASPAROV**

PROGRESSIONS

Options

WIDE ATTACKER

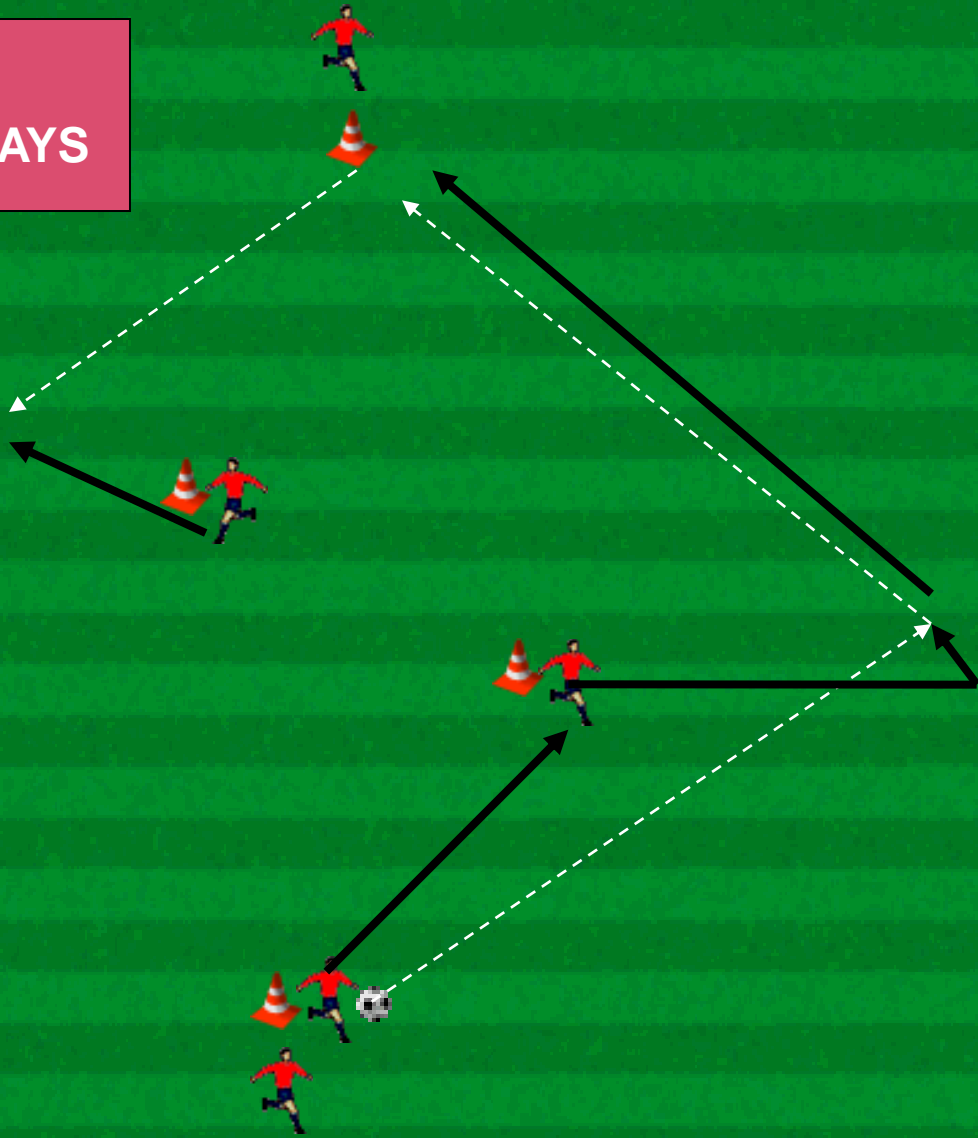
URNS
PASS QUALITY
"KNOW"



PROGRESSION ?

BREAKING WIDE

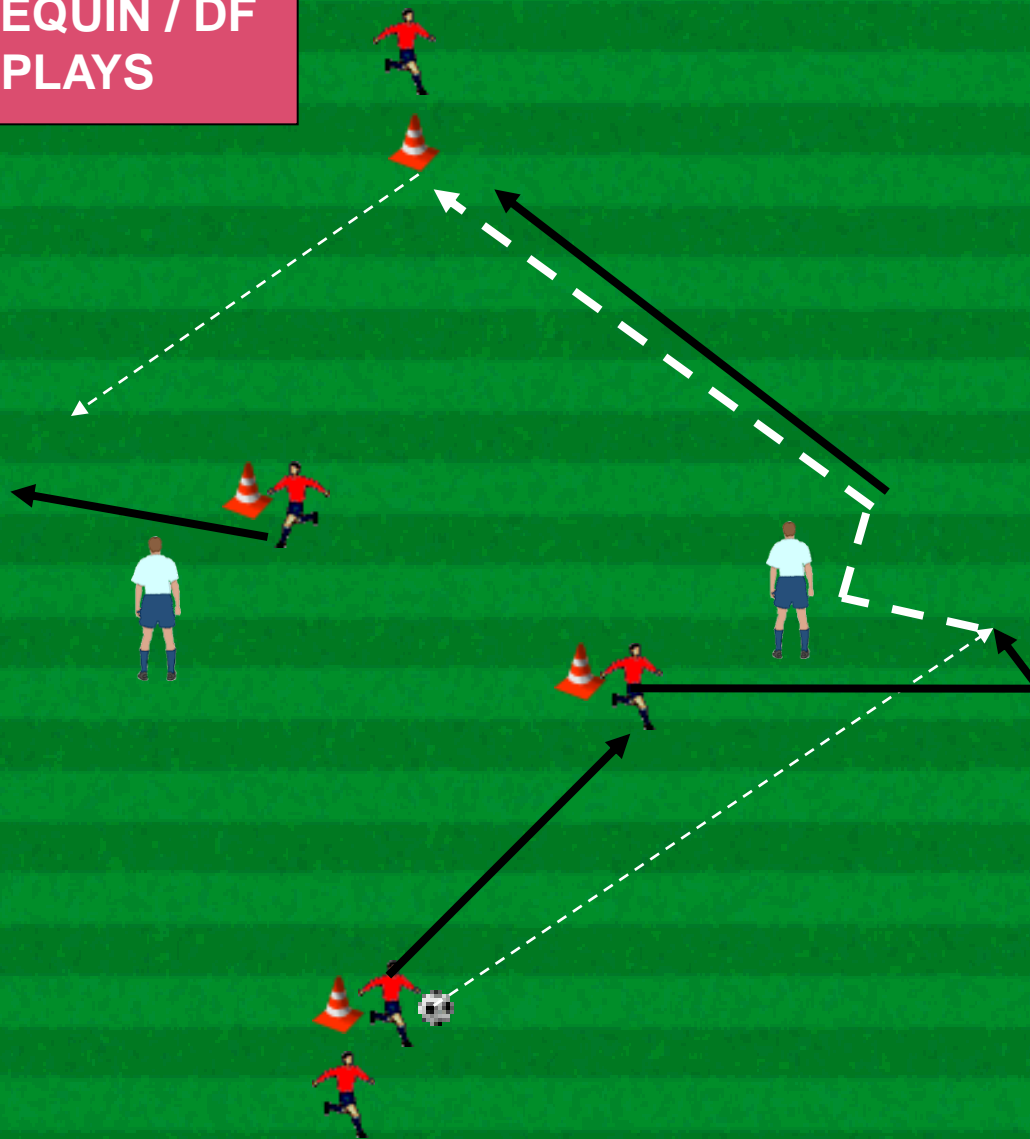
URNS COMBINATION PLAYS



URNS

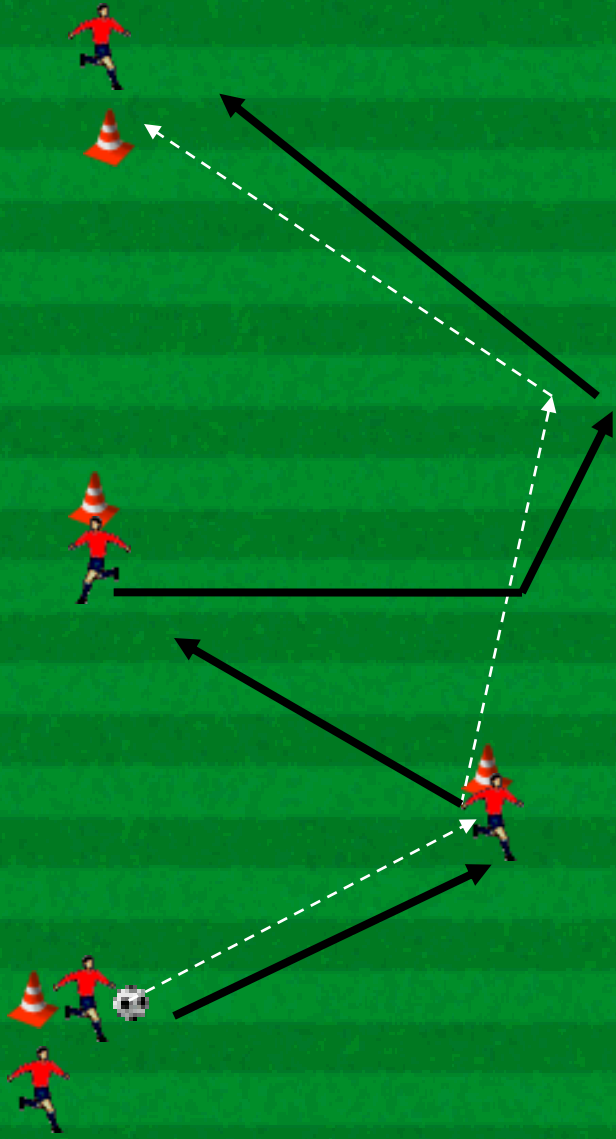
ATTACK THE MANNEQUIN / DF
COMBINATION PLAYS

BREAKING WIDE



NEXT PROGRESSION ?

BREAKING WIDE

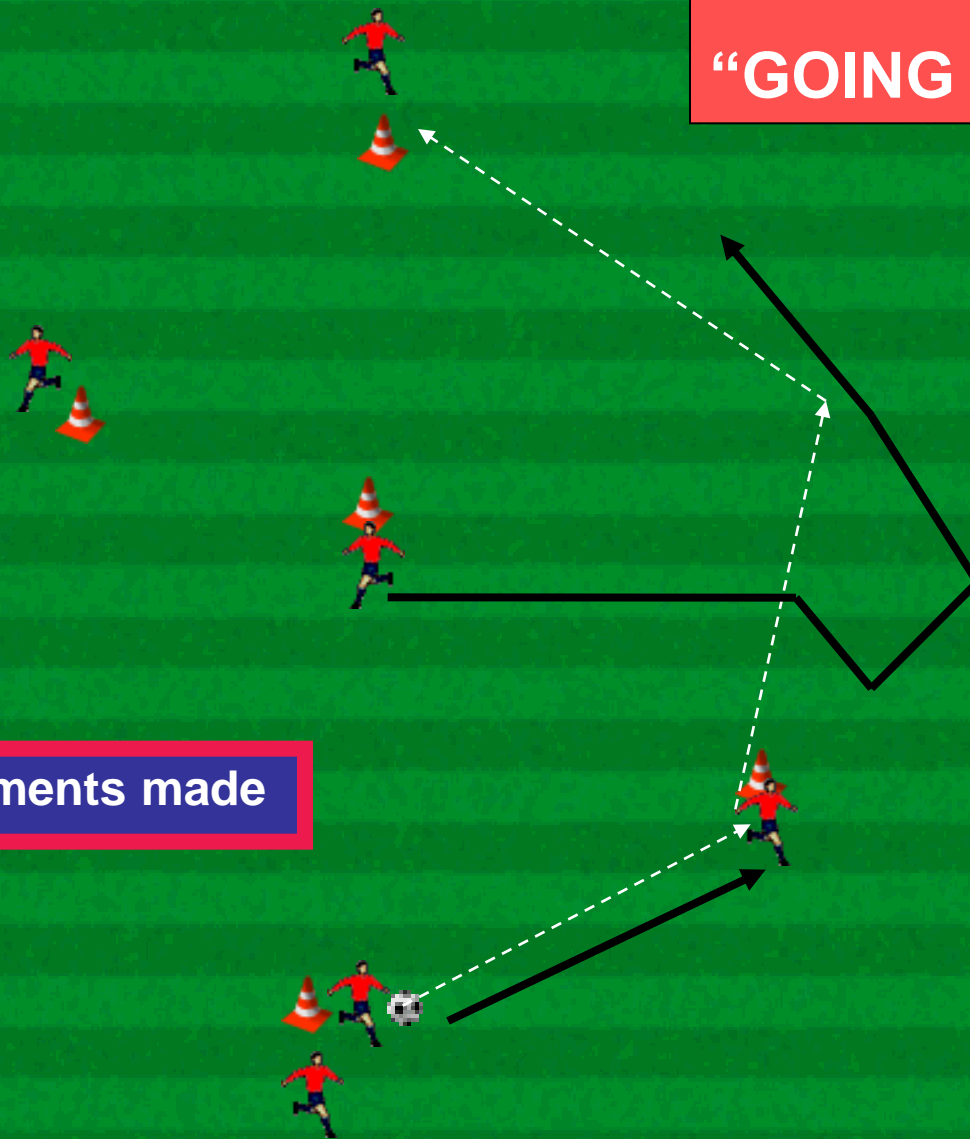


Increased numbers.
Time target.
Touches target.
Quality target ?
(How many passes+moves
before a breakdown ?

BREAKING WIDE

“GOING LONG”

Variations to movements made

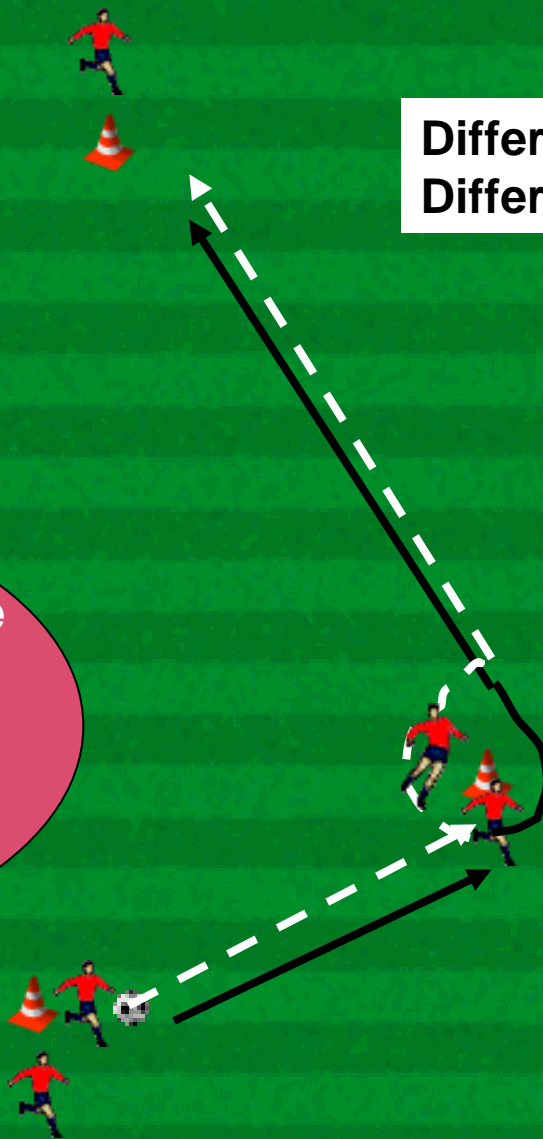
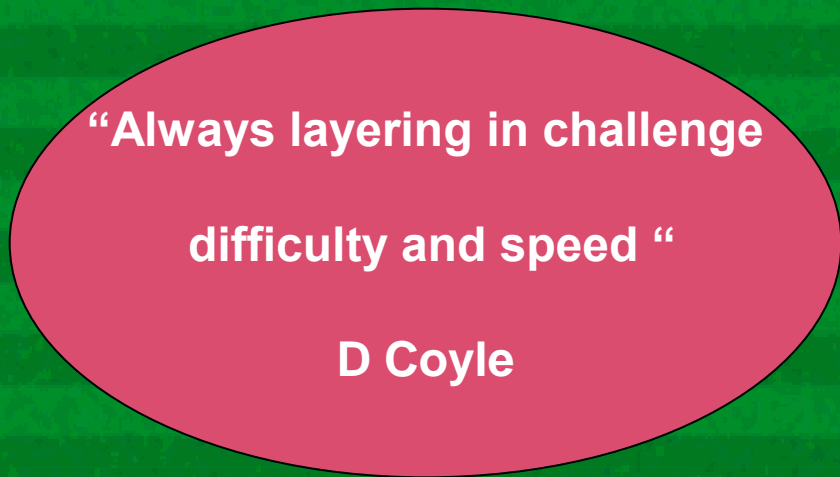


SERVE YOURSELF !

**Different surfaces
Different touches**

**“Always layering in challenge
difficulty and speed “**

D Coyle



Developing ball possession.



CONGESTED AREA PASSING

One game of 4 v 2

Area 18yd x 18yd

CONTENT ?

CONGESTED AREA PASSING



Two games of 4 v 2

Area 18yd x 18yd

CONTENT ?

“ Creative” zones

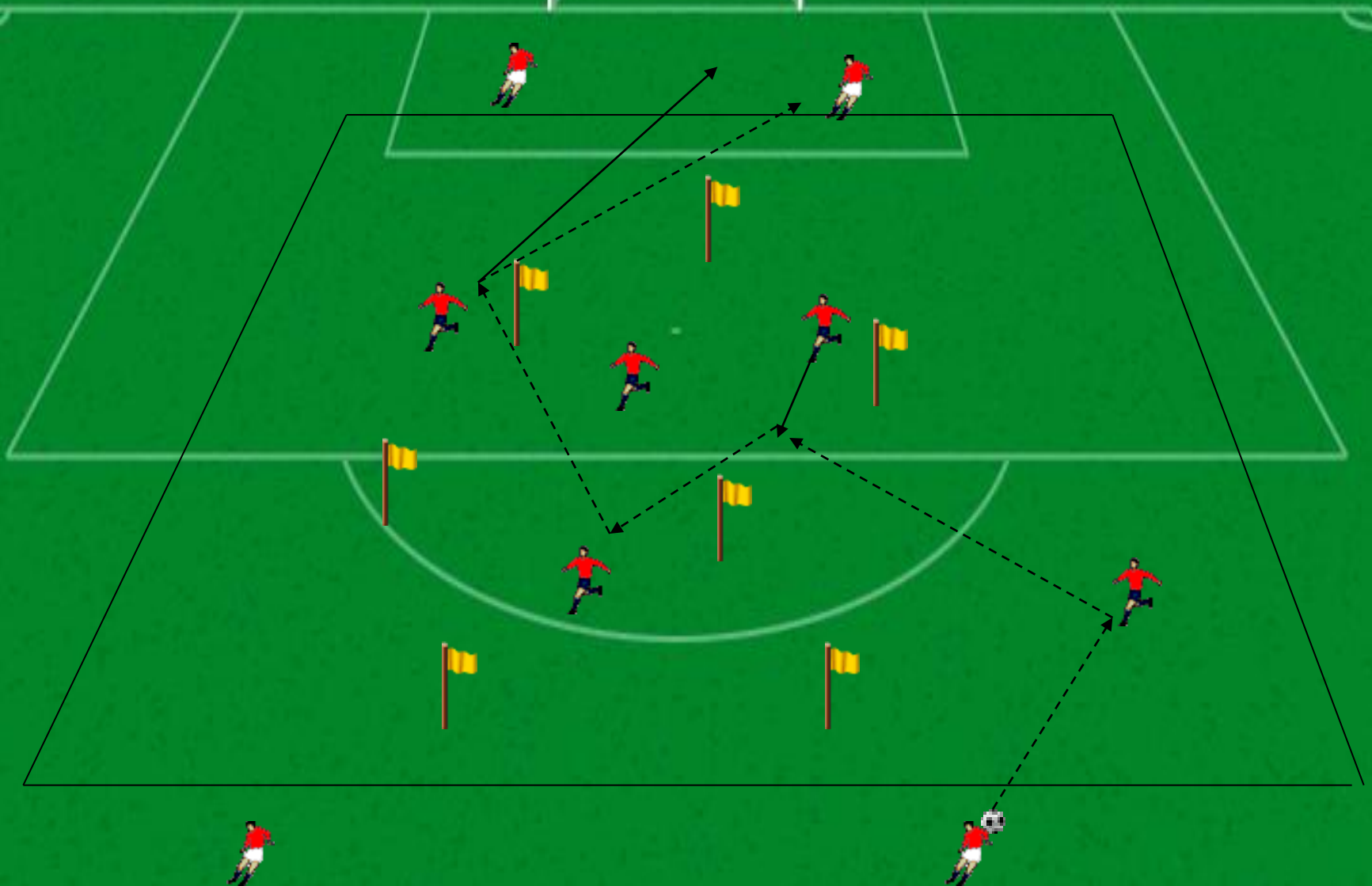
FREE – FLOW PASSING

CONTENT ?

MINIMAL TOUCH PLAY AT SPEED – wall passes off designated player.

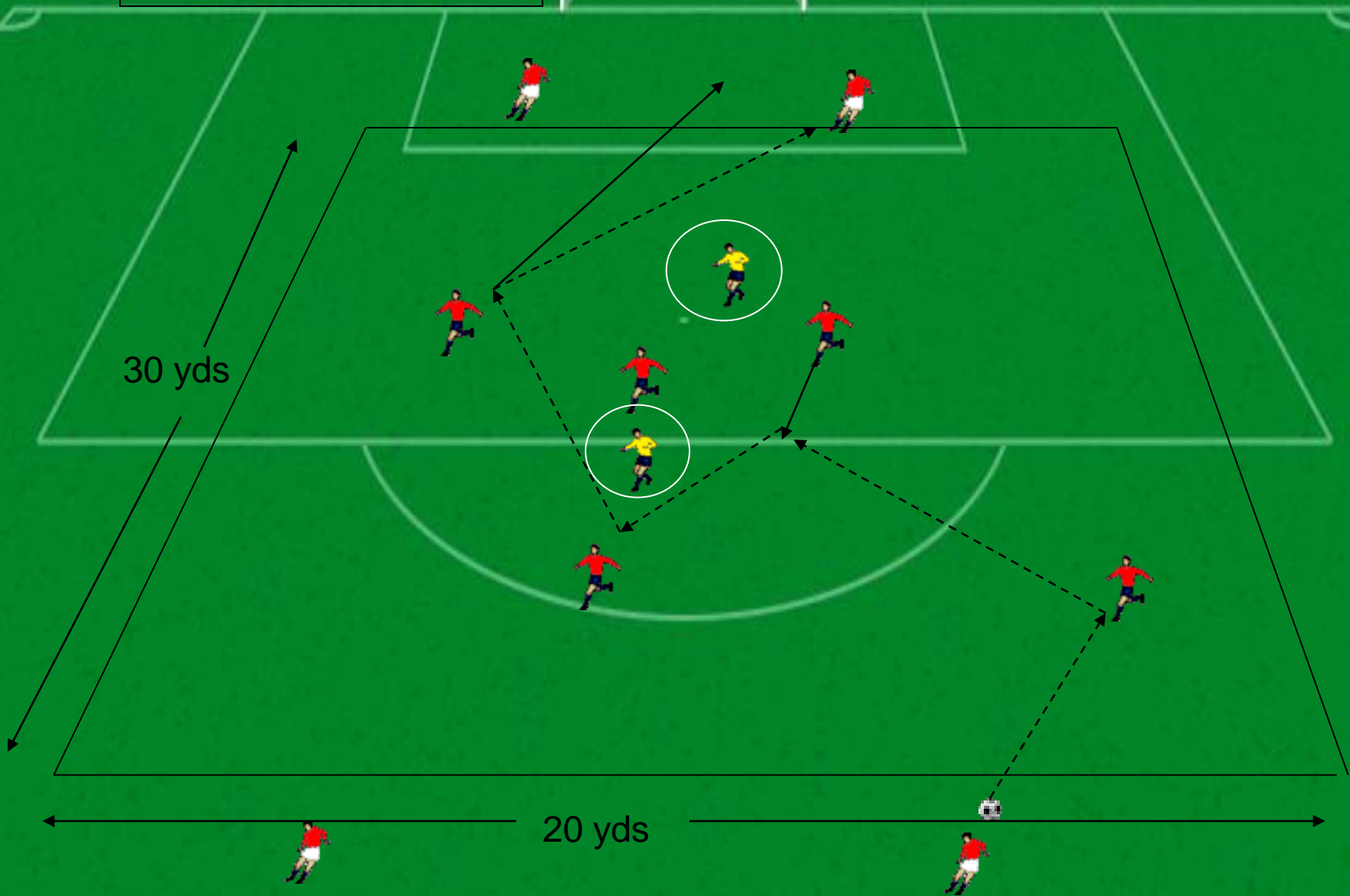
Varied distances and surfaces - area – 30 yds x 20 yds.

FREE FLOW PASSING



MINIMAL TOUCH PLAY AT SPEED – area 30 yds x 20 yds

FREE FLOW PASSING



MINIMAL TOUCH PLAY AT SPEED – OPPOSED PRACTICE

FREE FLOW PASSING

30 yds

NEXT PROGRESSION ?

20 yds

MINIMAL TOUCH PLAY AT SPEED – OPPOSED PRACTICE



FREE FLOW PASSING

30 yds

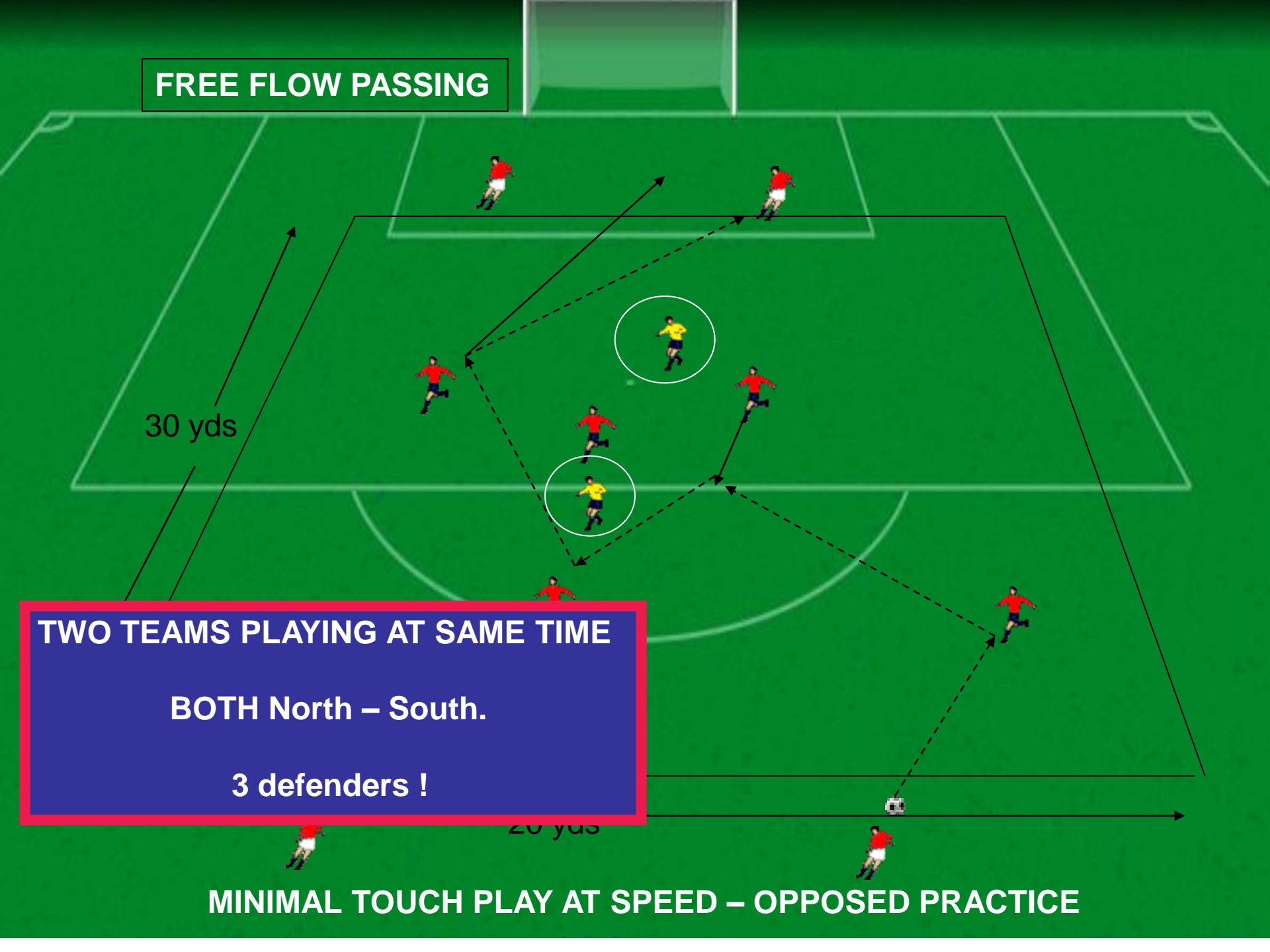
TWO TEAMS PLAYING AT SAME TIME

BOTH North – South.

3 defenders !

20 yds

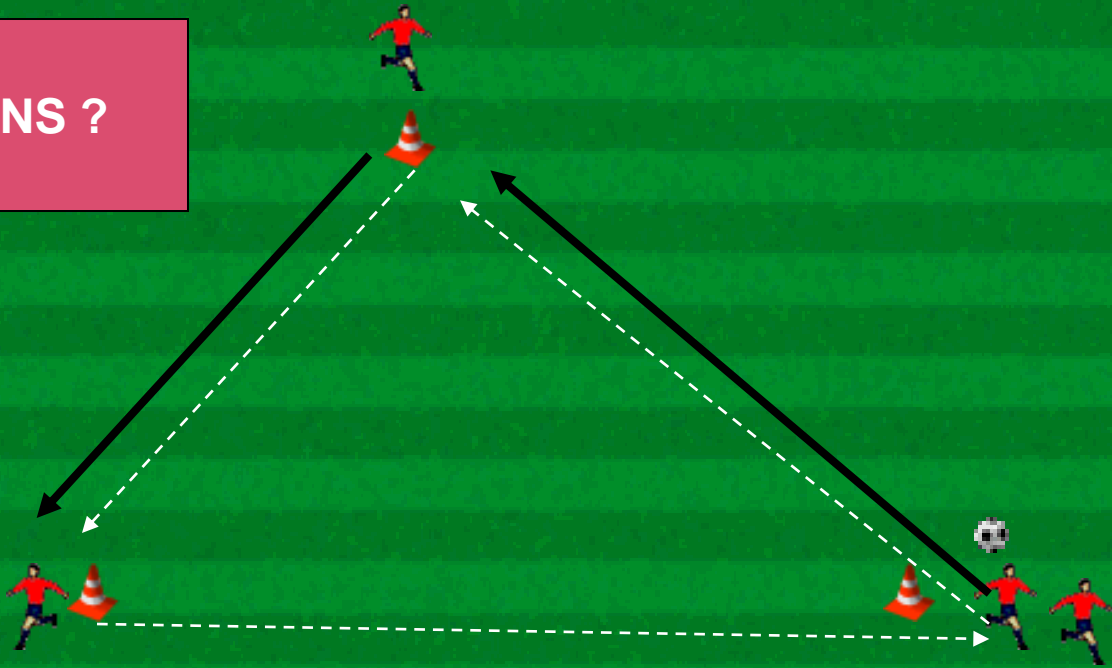
MINIMAL TOUCH PLAY AT SPEED – OPPOSED PRACTICE



PASSING TECHNIQUE PROGRESSIONS.

PASSING

PROGRESSIONS ?

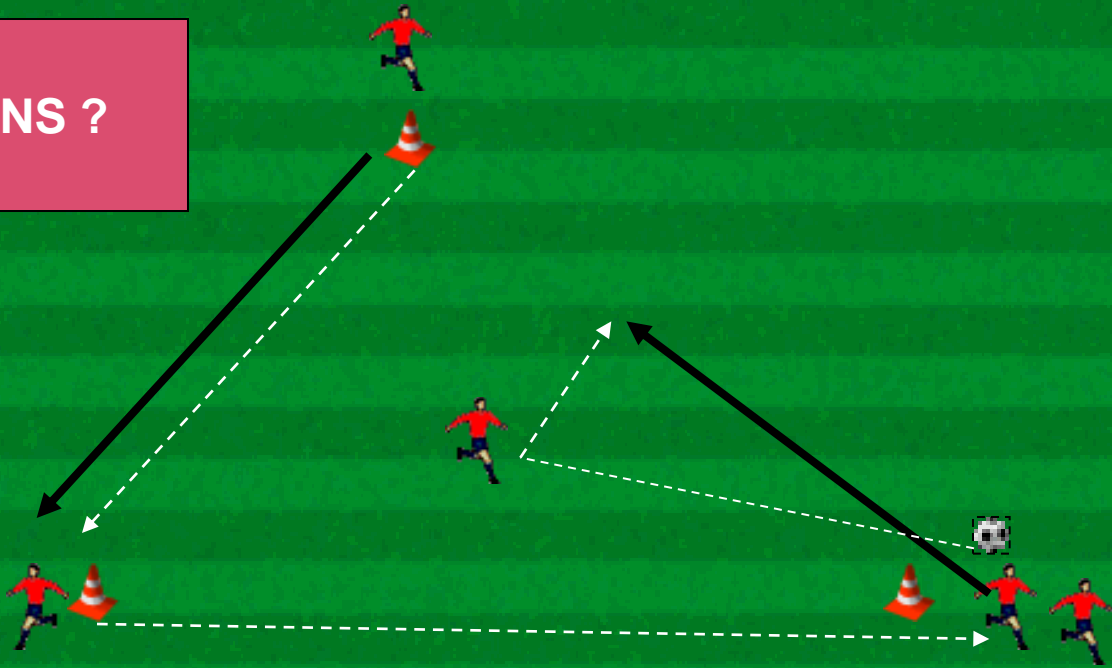


INCREASE ?
DECREASE ?
INCLUDE ?



PASSING

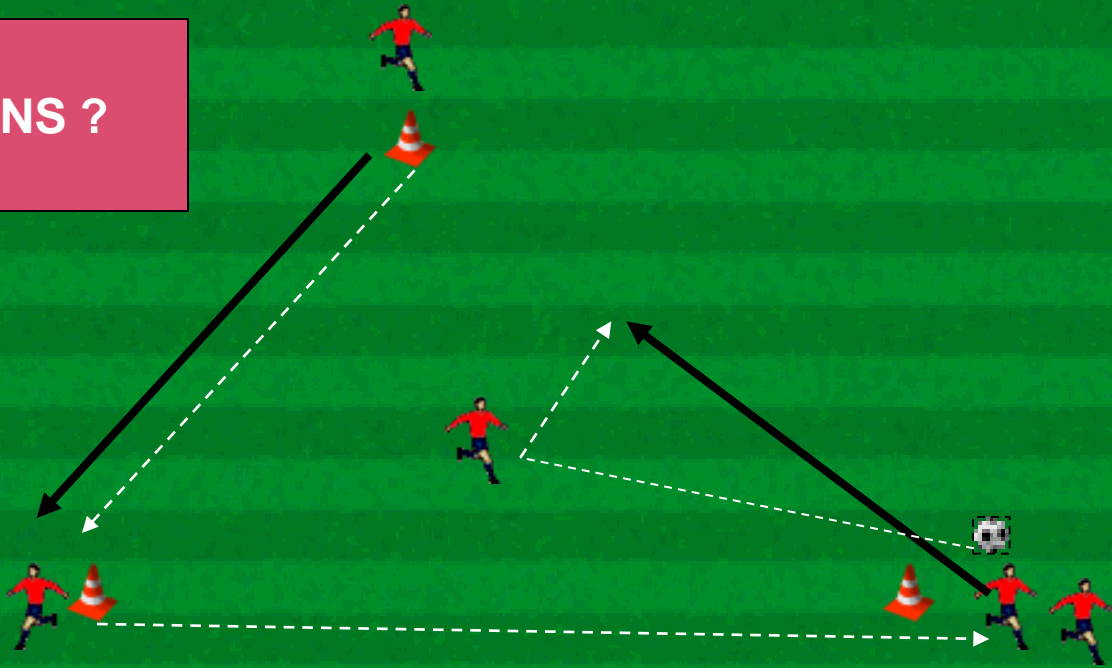
PROGRESSIONS ?



INCREASE ?
DECREASE ?
INCLUDE ?

PASSING

PROGRESSIONS ?



INCREASE ?
DECREASE ?
INCLUDE ?

TWO MIDDLE PLAYERS ?
5 / 9 Player square outside the triangle.
Change practices after 2 minutes.

Developing Creative Defenders (CB's)

Defenders in possession

30 yds

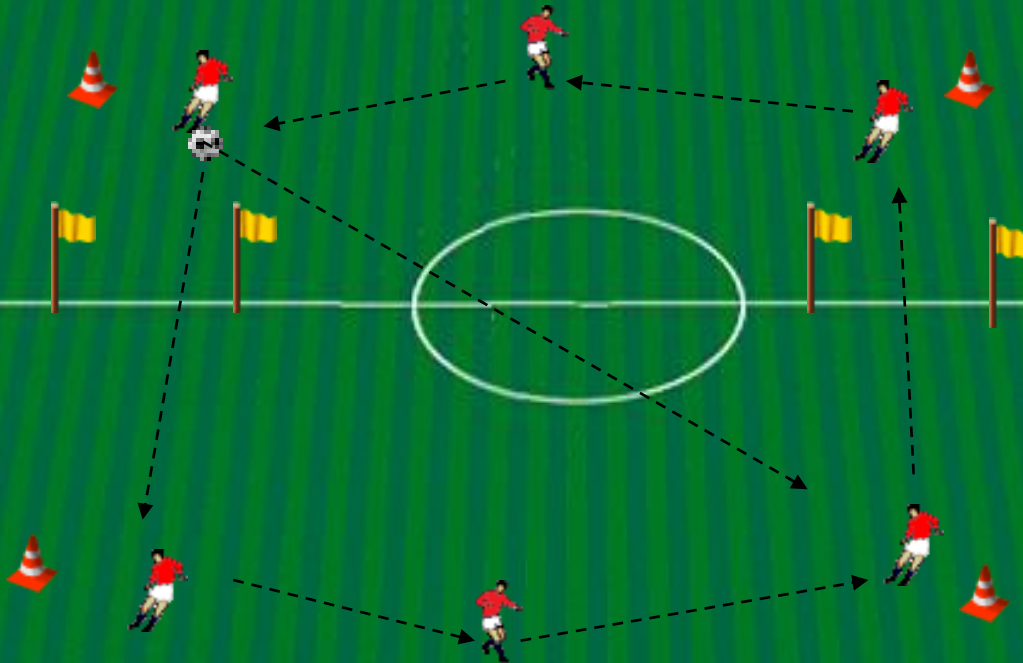
30 yds

**Changing the play across the back.
Deliver forward and diagonal passes
CB's in a Back 4.**

**Below
head
height**



Defenders in possession



**D
I
S
T
A
N
C
E**

Appropriate Distance

Changing the play across the back.

Three Central Backs

Defenders in possession

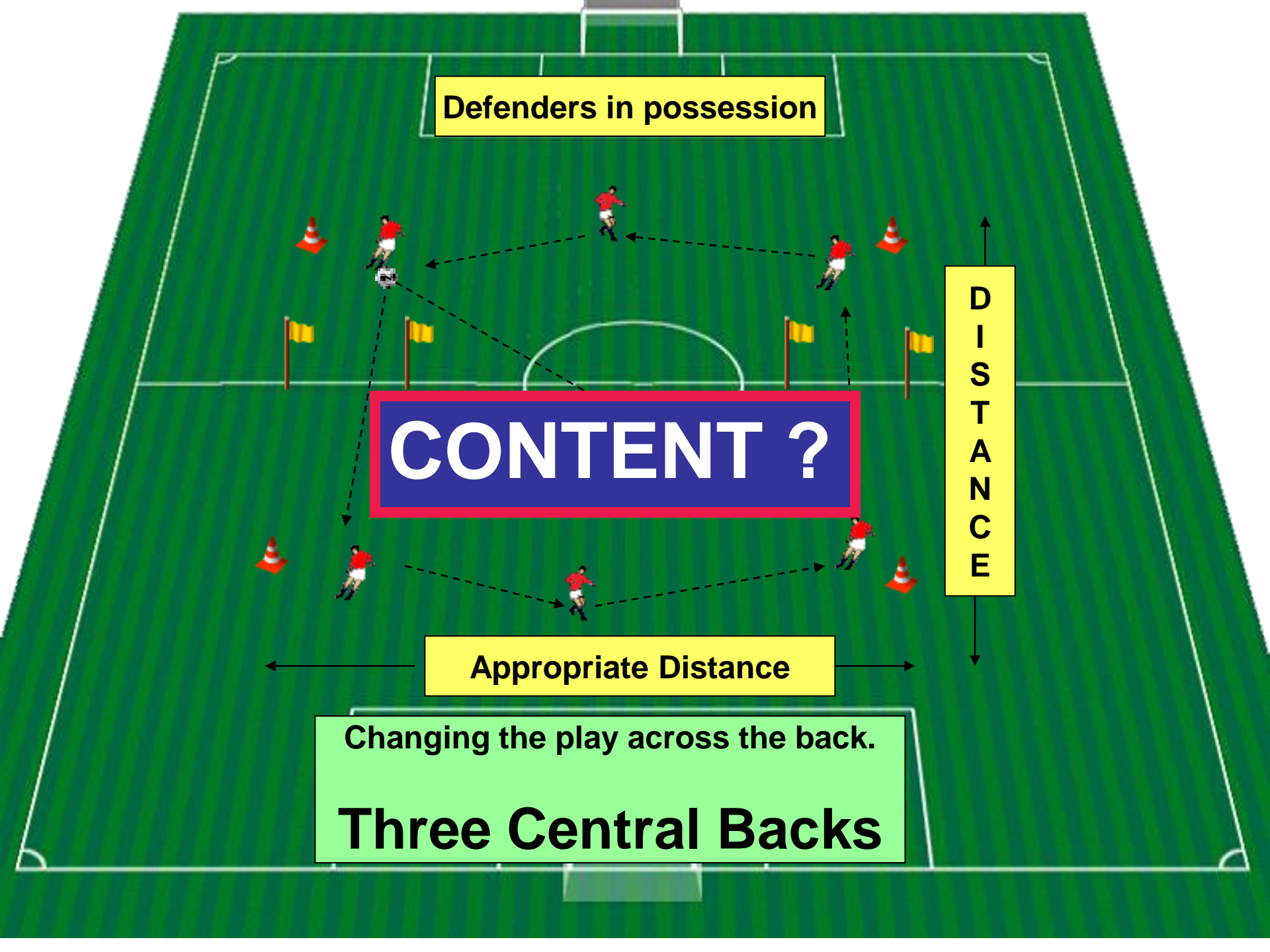
CONTENT ?

D
I
S
T
A
N
C
E

Appropriate Distance

Changing the play across the back.

Three Central Backs



Defenders in possession

**Changing the play across the back.
Deliver forward and diagonal passes.**

**Varied receiving movements -
Dropping into the box after the passer's first touch.**

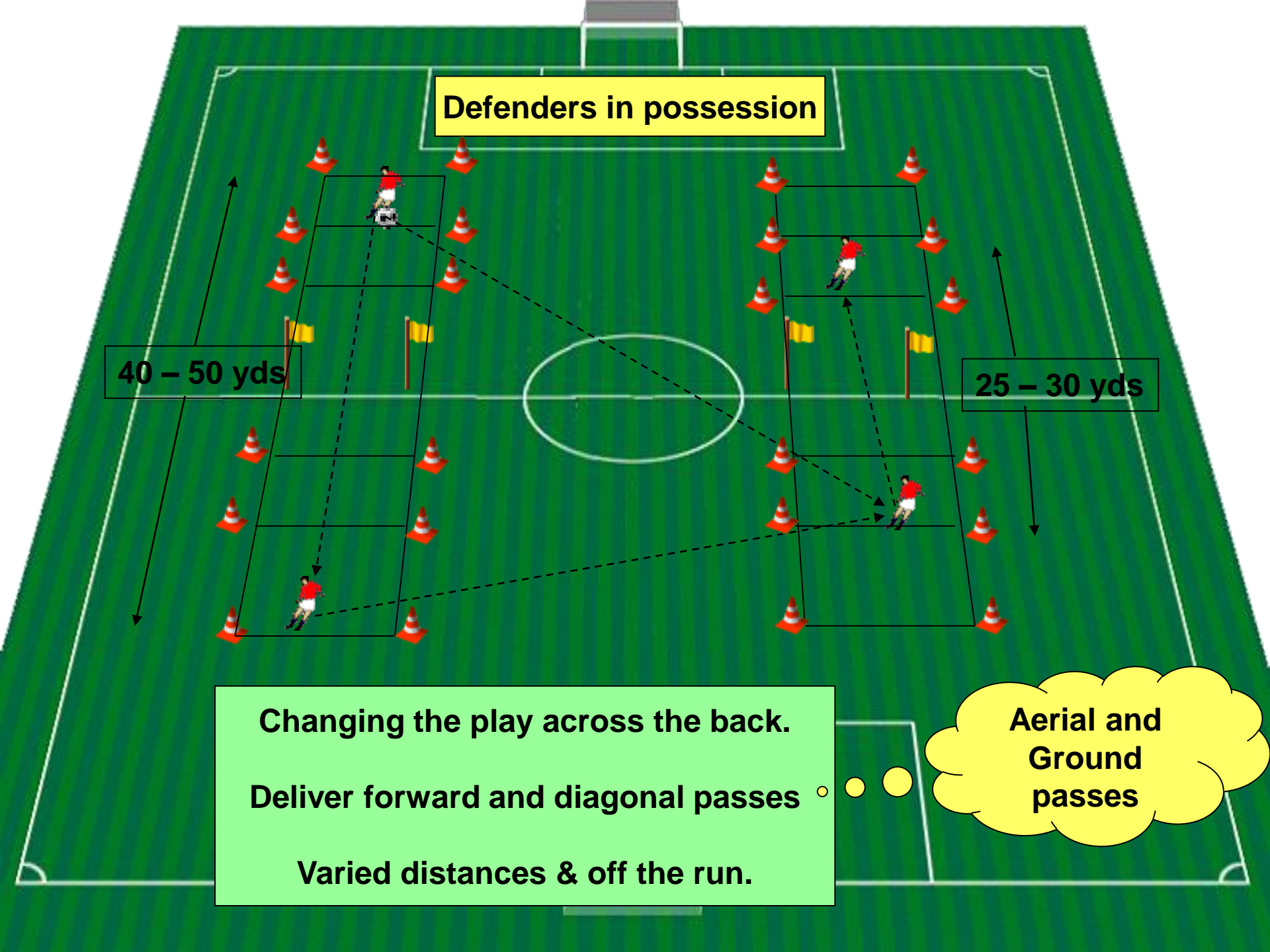
Defenders in possession

40 – 50 yds

25 – 30 yds

**Changing the play across the back.
Deliver forward and diagonal passes
Varied distances & off the run.**

**Aerial and
Ground
passes**



Defenders in possession

30 yds

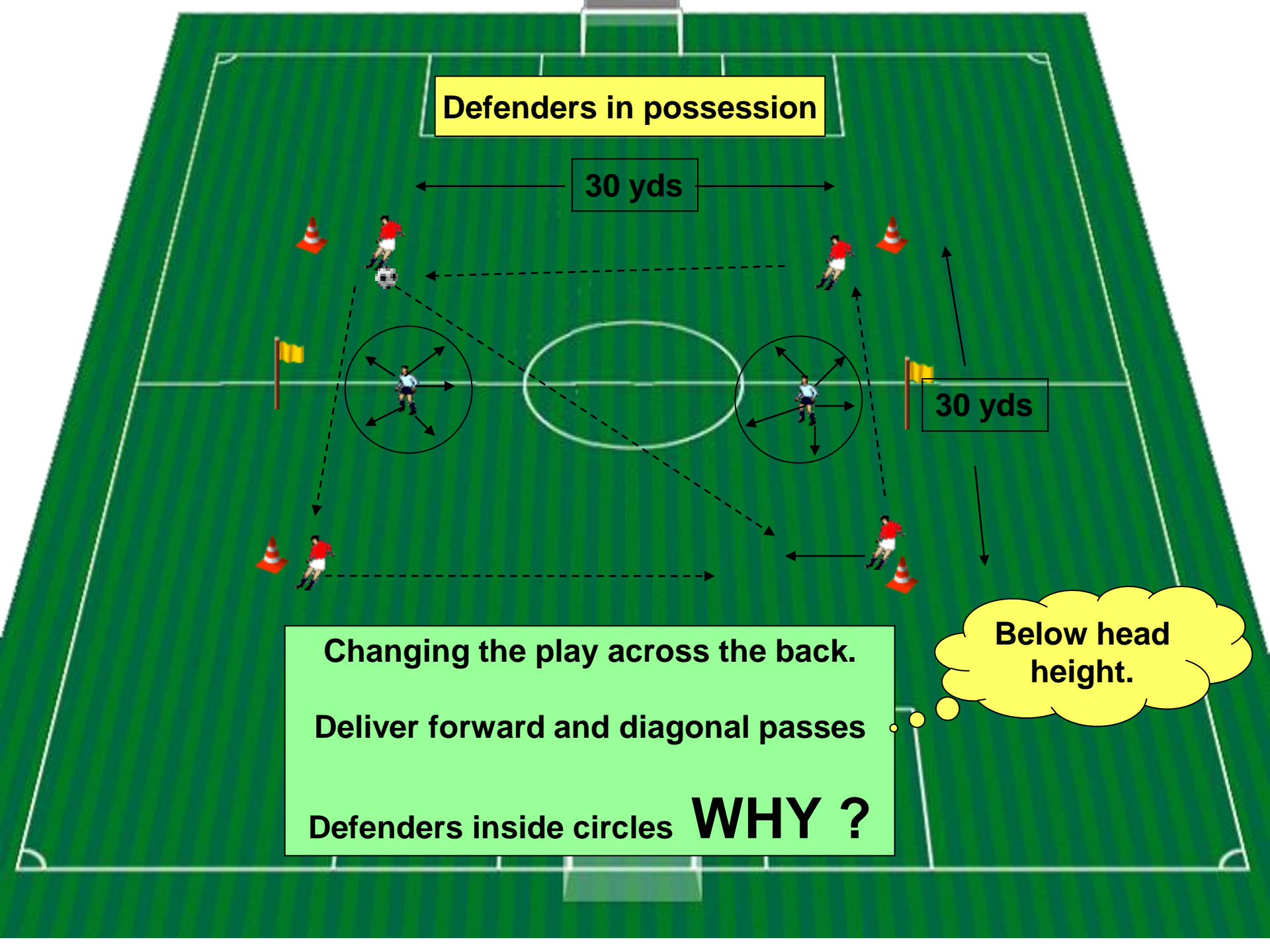
30 yds

Changing the play across the back.

Deliver forward and diagonal passes

Defenders inside circles **WHY ?**

Below head height.



CONTENT

Support and awareness

First touch quality

Choice of pass

Re-change the play

Decision.
Direction.
Distance.
Disguise.
Surfaces variety.
Timing of :
For self or others ?

Both feet any surface !

Turn with the ball.
No clues.
Use of both feet.
Early release.

Additions !

Disguise of pass

Run with the ball.

Combination play

Pass quality

(aerial,ground)

TACTICALLY

When to drop ?

When to spread ?

When to squeeze up – HOW ?

NEXT PROGRESSION ?

Player for one touch drop off!

Changing the play across the back.
Deliver forward and diagonal passes.

ADD 2 MF SUPPORT PLAYERS

NEXT PROGRESSION ?

**Support player
Outside the
CB's**

**Player for
one touch
drop off!**

**Changing the play across the back.
Deliver forward and diagonal passes.**

**ADD 2 FB's for SUPPORT
& TACTICAL OPTIONS.**



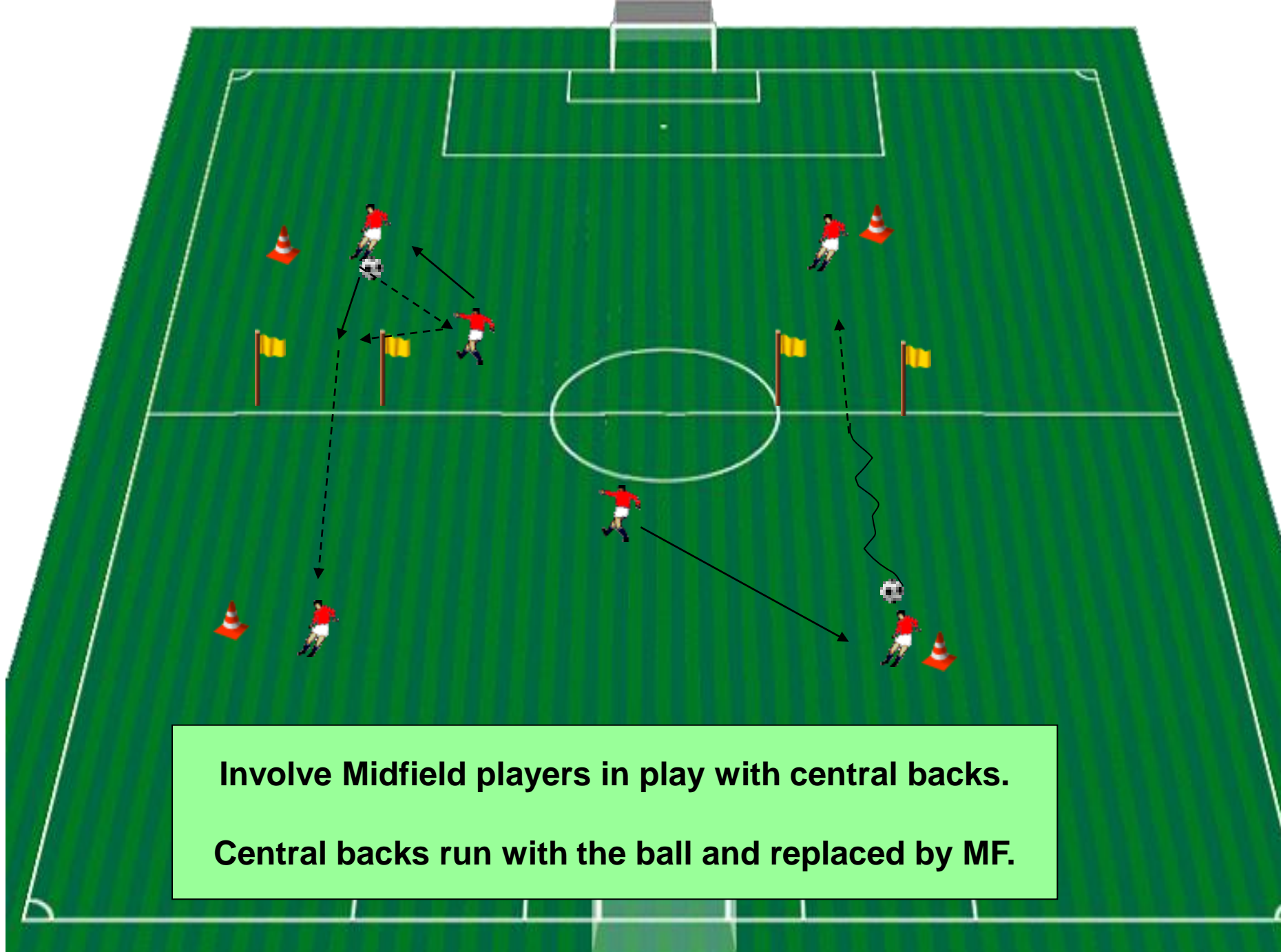
NEXT PROGRESSION ?



Involve Midfield players in play with central backs.

Encourage MF inter-play and movement.

NEXT PROGRESSION ?



Involve Midfield players in play with central backs.

Central backs run with the ball and replaced by MF.

NEXT PROGRESSION ?

**Support player
Outside the
CB's**

**Player for
one touch
drop off!**

**Changing the play across the back.
Deliver forward and diagonal passes.**

**ADD 2 FB's for SUPPORT
& TACTICAL OPTIONS.**



CONTENT

Support and awareness

First touch quality

Choice of pass

Re-change the play

Pass quality
(aerial,ground)

Both feet any surface !

MF movement

MF Pass links

MF players inter-play

MF replace Df's

Additions !

Disguise of pass

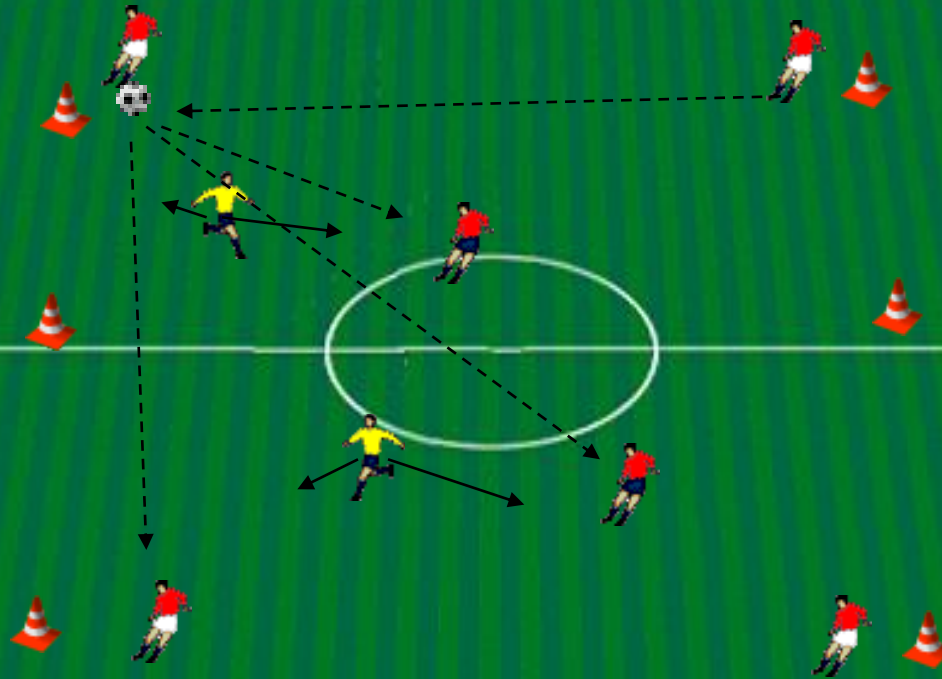
Run with the ball.

Combination play

Receiving skill
For self.
For others.

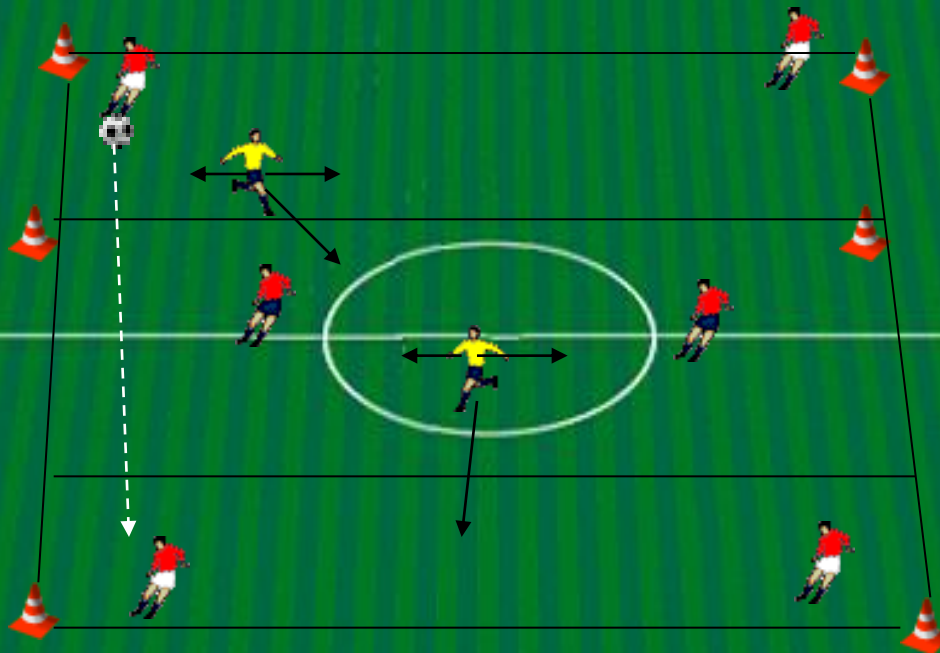
NEXT PROGRESSION ?

CONTENT ?



Opposed practice with one opponent playing against the central backs in each half.

CONTENT ?



**Opposed practice with one opponent playing against
the central backs in each area.**

Two midfield players in central zone

NEXT PROGRESSION ?



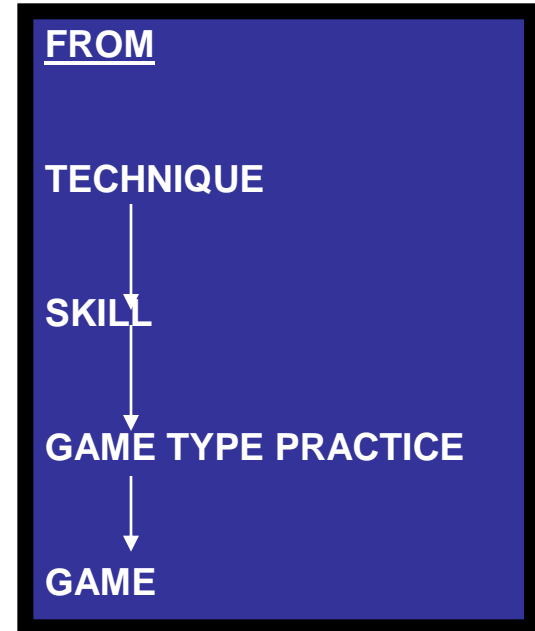
Player for overlapping play

Holding line for opponents

Opposed practice with **two opponents** playing against the central backs in each half.

The Challenge !

- **Increased difficulty.**
- **Block repetition for certainty.**
- **Random repetition for varied certainty.**
- **Range of release – type & distance.**
- **Understanding.**
- **Psychological pressure.**
- **Variety of execution – service, distance etc.**
- **Time restriction – period / target.**
- **Reduced errors – more accuracy.**
- **Added opposition – passive / restrained opposition.**
- **Reduced space available.**
- **Physical presence of opponent.**
- **Interference – obstacles, opponent, other activity.**
- **Create alternatives.**



NEXT PROGRESSION ?

(Same Theme)

UNIT AND TEAM PRACTICES

Back 4 playing
“round” back.

Re-change the play!

GK / T

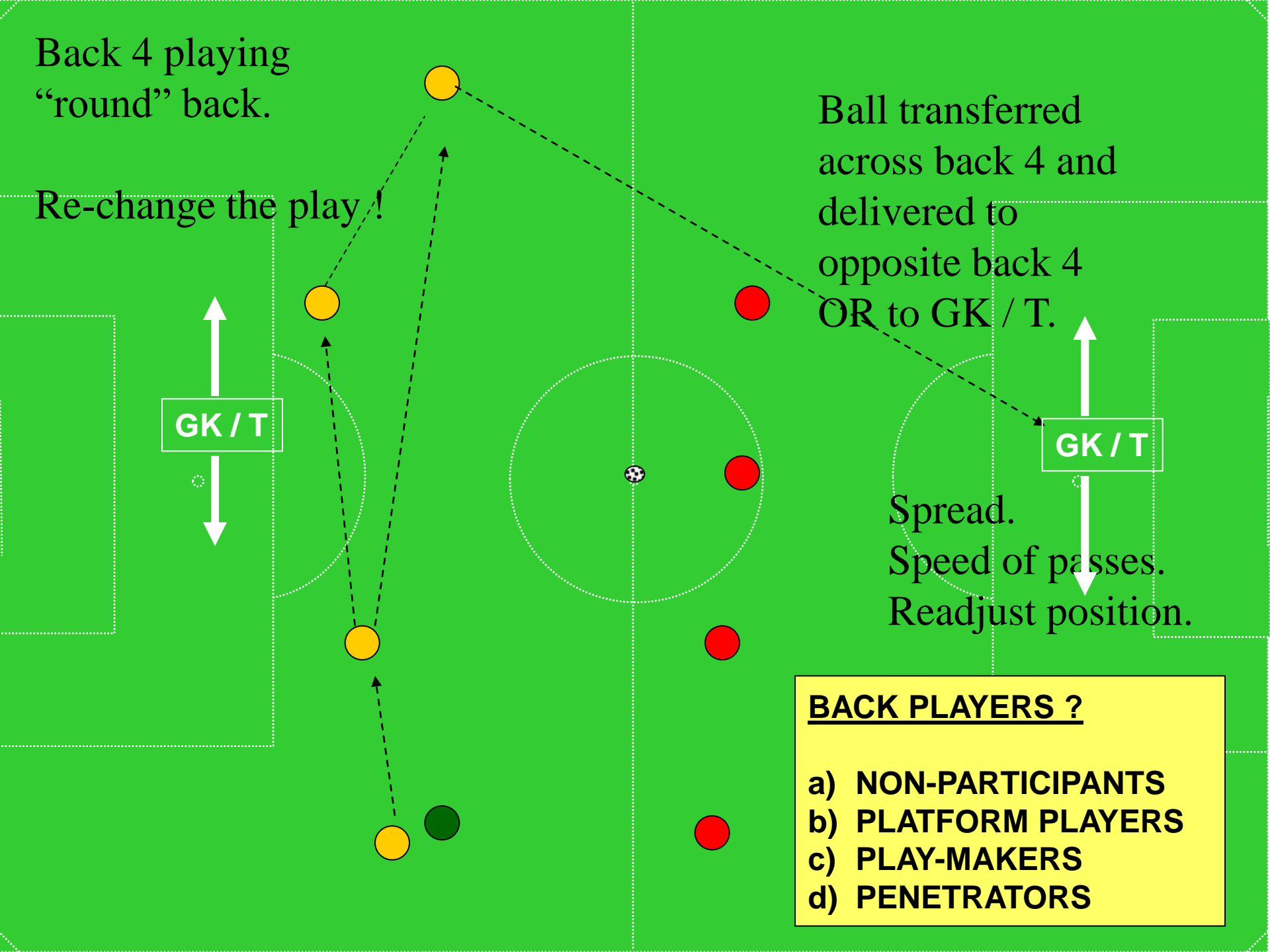
Ball transferred
across back 4 and
delivered to
opposite back 4
OR to GK / T.

GK / T

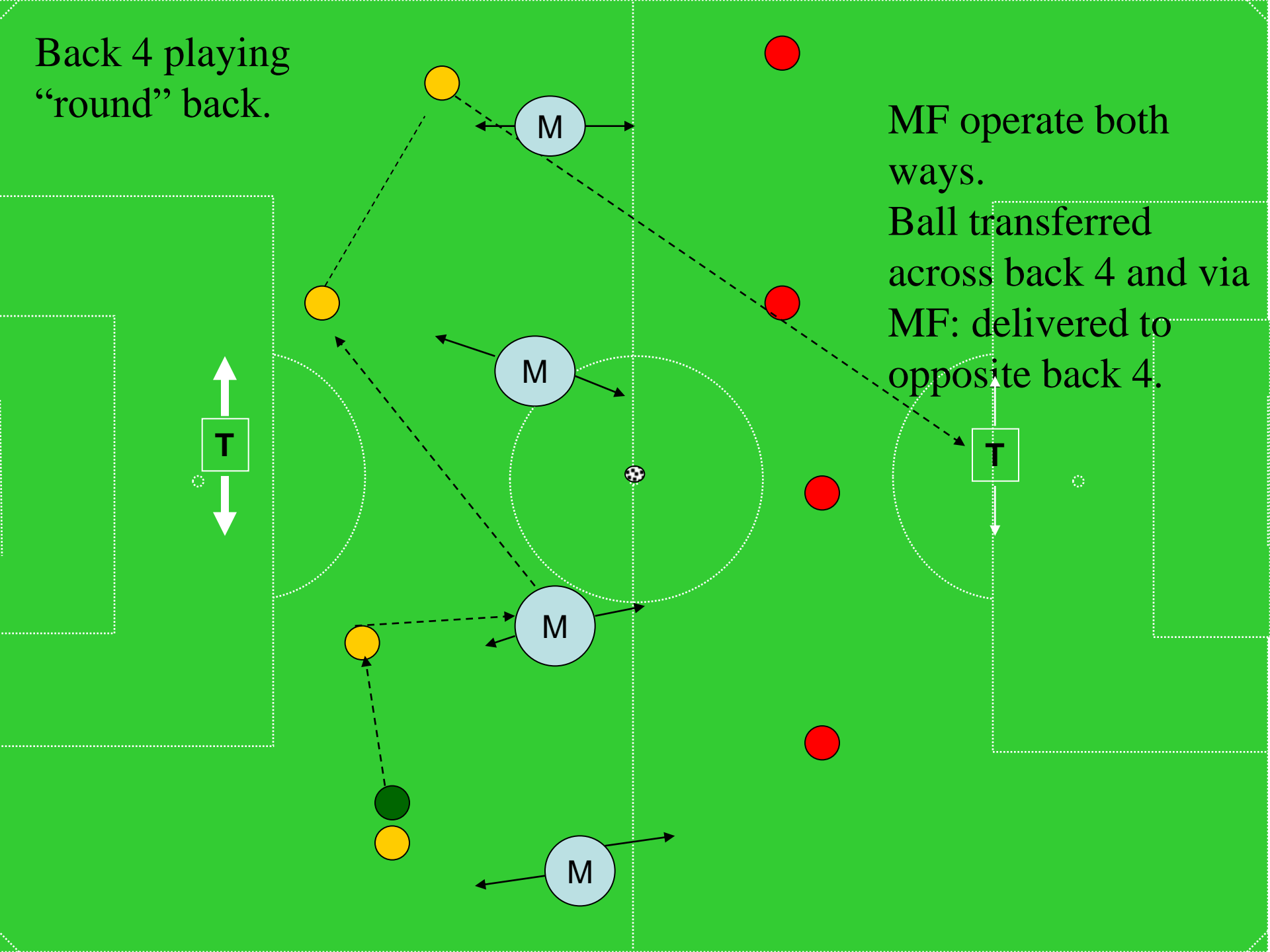
Spread.
Speed of passes.
Readjust position.

BACK PLAYERS ?

- a) NON-PARTICIPANTS
- b) PLATFORM PLAYERS
- c) PLAY-MAKERS
- d) PENETRATORS

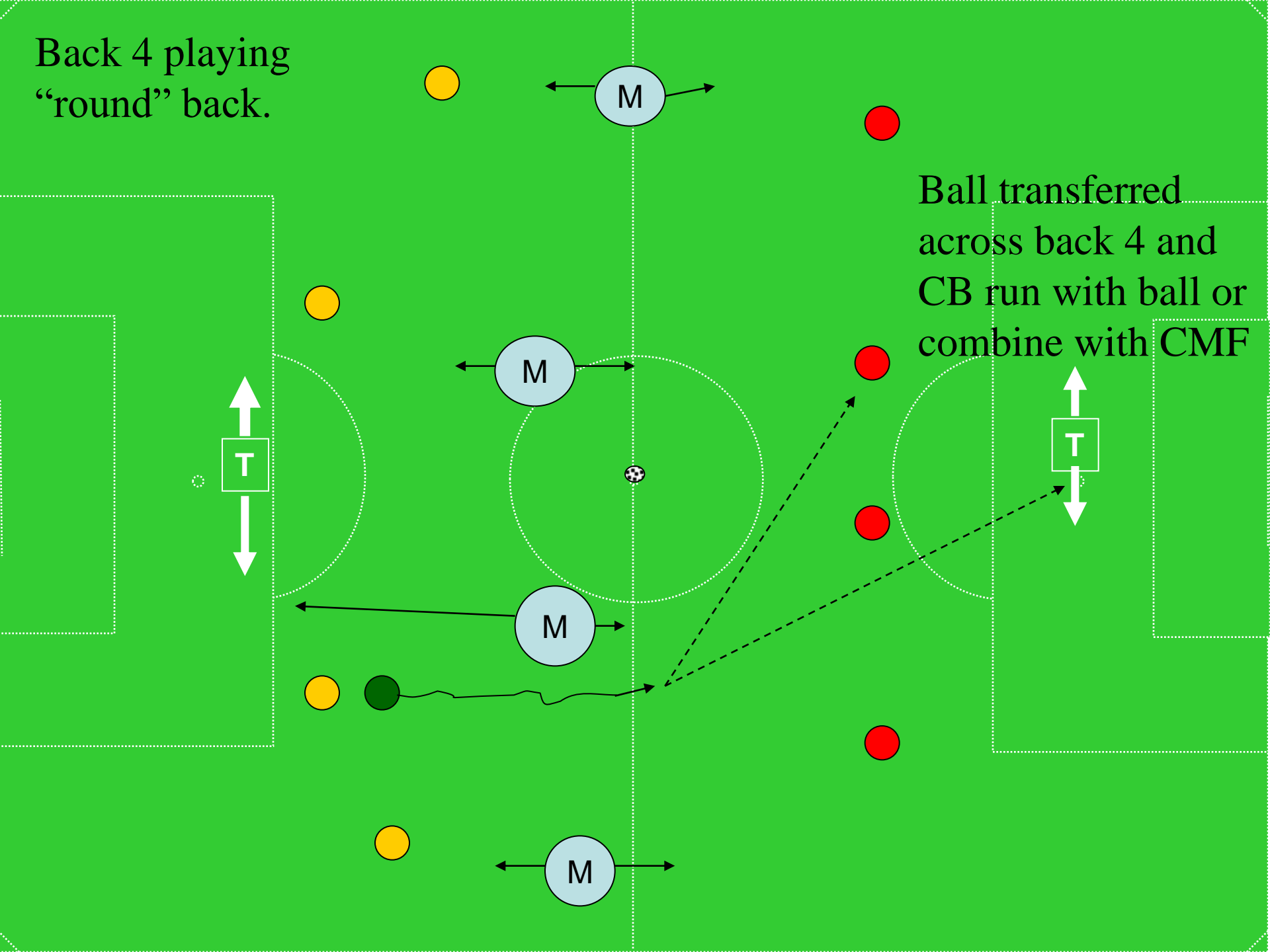


Back 4 playing
“round” back.



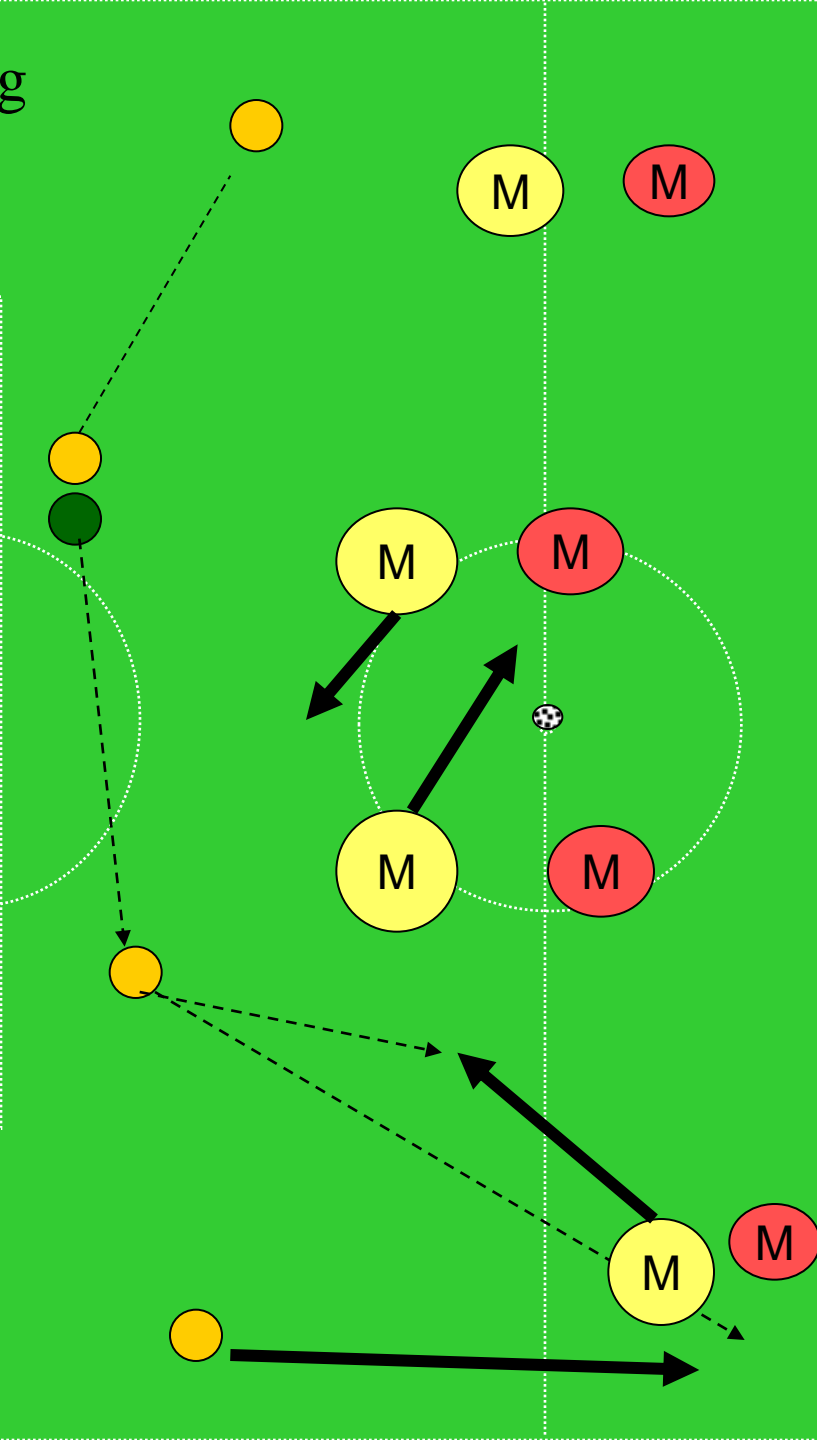
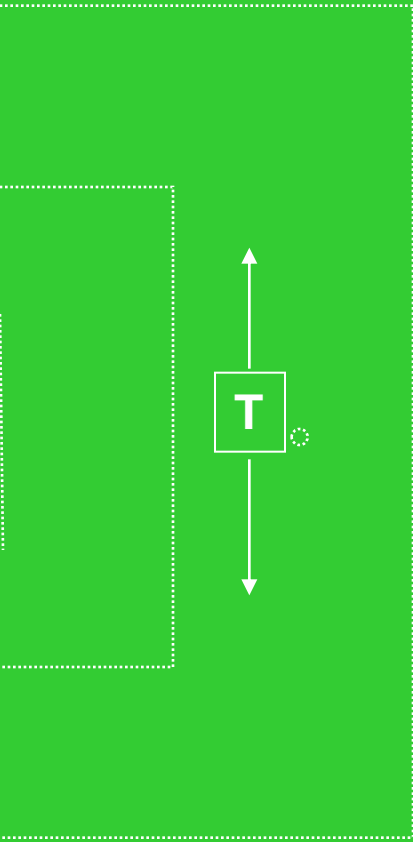
MF operate both
ways.
Ball transferred
across back 4 and via
MF: delivered to
opposite back 4.

Back 4 playing
“round” back.

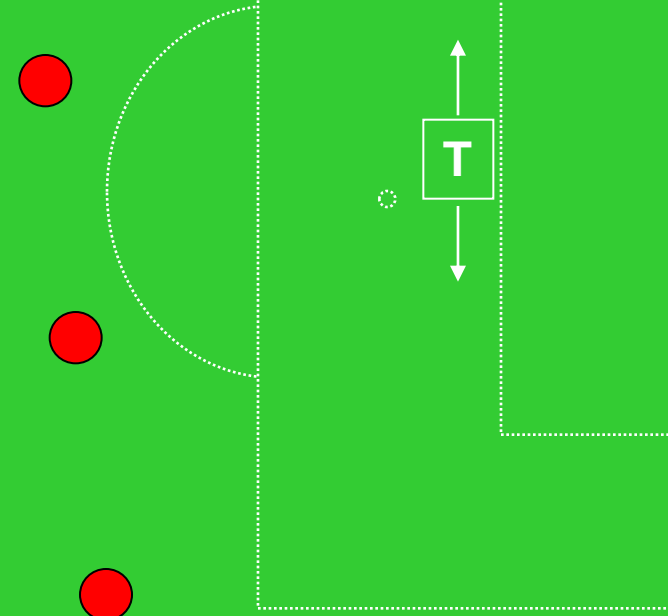


Ball transferred
across back 4 and
CB run with ball or
combine with CMF

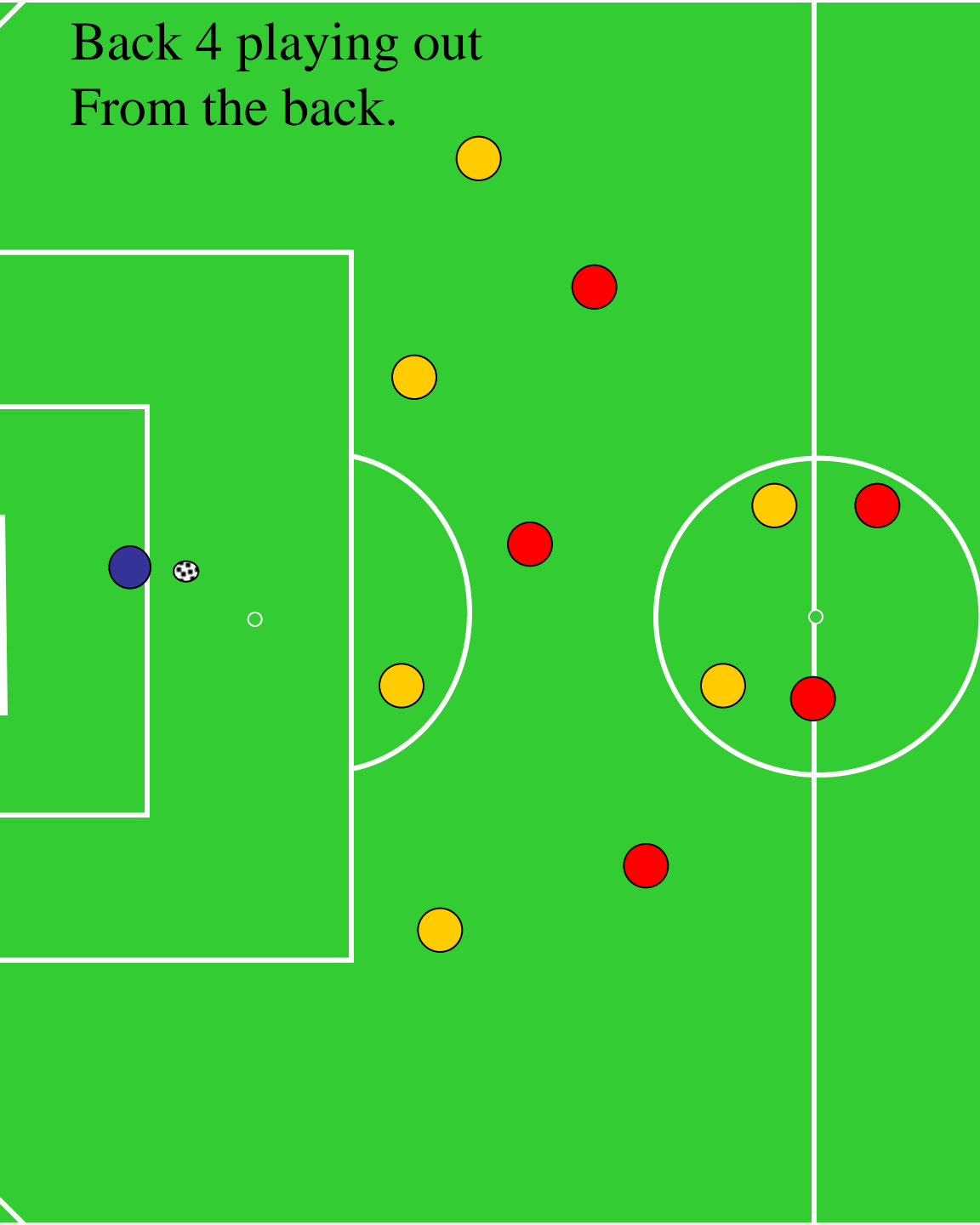
Back 4 playing
“round” back.



● Ball transferred
across back 4 and
via MF:
movements ahead
of the back 4



Back 4 playing out
From the back.



T

T

From the GK's possession
play out from back until
ball can be played to T's
but from over the halfway
line and T continues the
play.

Attacking waves !



**Play out 9 (inc GK) v 6 into targets from over ½ way line.
Targets switch the play.
First group of 6 recover as next group of 6 attack including target players.**

Attacking waves !

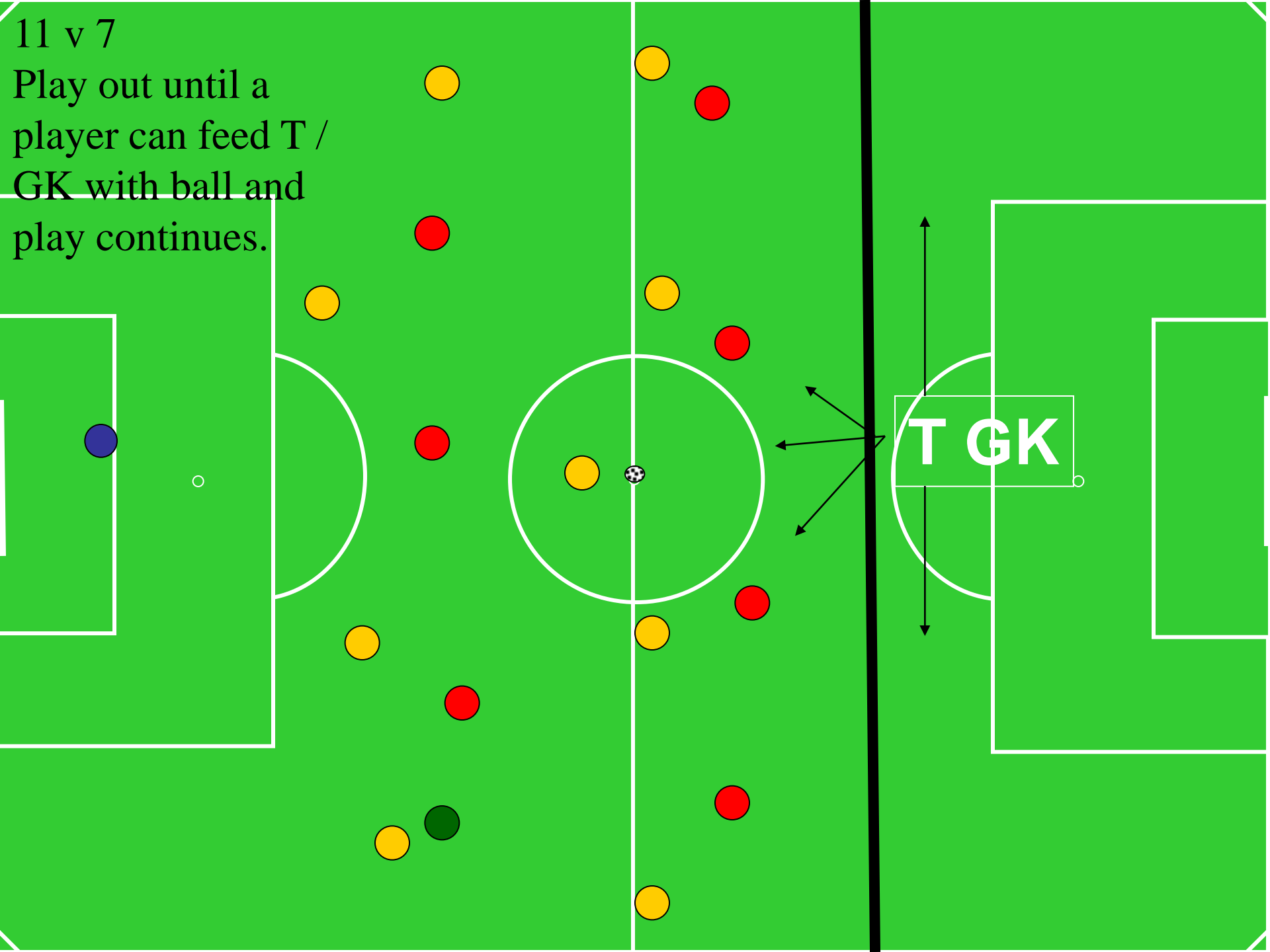
Different start positions for 6



**Play out 9 (inc GK) v 6 into targets - from over ½ way line.
Targets switch the play.
First group of 6 recover as next group of 6 attack including
the target players.**

11 v 7

Play out until a
player can feed T /
GK with ball and
play continues.



Play out 11 v 11

